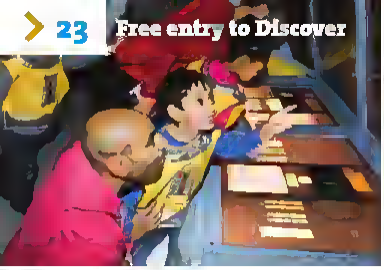

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thenewhammag

issue 279 // 19 July – 2 August 2013

Making a splash

Mayor's Newham Show picture special (p9)

Newham London

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Look out for the next issue from 2 August 2013

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19 July 2013 // **issue 279**

Last week we had perfect weather for the Mayor's Newham Show. The sun shone, the bands played and the park looked amazing. Thousands of you turned out to enjoy the fun. See if you feature in our five-page picture special (p9).

We also see what else is going on this summer during Love Parks Week (p18). There's a fantastic free entry offer for Newham's unique creative literacy centre – Discover (p23). We highlight what's at Under the Stars (p16) and there are some great cycling events in Queen Elizabeth Olympic Park (p29).

And if that doesn't float your boat check out the new beach at the Royal Docks (p34). Summer really has arrived.

Cllr Alec Kellaway
Executive member for business and skills

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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Newham London

Find us online at www.newham.gov.uk/mag
For information on all Newham Council services visit www.newham.gov.uk

Debt advice on hand
A debt advice surgery is taking place to provide advice and guidance on money matters.

It runs from 9.11.45am on Saturday 27 July at East Ham Local Service Centre, Town Hall Annexe 330-354 Barking Road, East Ham.

You can speak to a specialist debt adviser or get help to find information online. No appointment is necessary; first come, first served. For further information visit **www.newham.gov.uk/DebtAdvice**

Keeping watch on health
Healthwatch Newham is a gathering of patients and the wider public's views on services. It will work with adults, children and young people who access health and social care services.

It is one of 152 Healthwatch organisations in England that have come about as a result of the recent Health and Social Care Act.

For further information call 020 7473 9512, email him at **graham.cobb@healthwatchnewham.co.uk** or visit **www.healthwatchnewham.co.uk**

Carers' views wanted
Charity Carers UK is asking residents to share their experiences of caring in Newham.

The charity is reviewing the services available for people providing unpaid care by looking after friends, family members or neighbours who are frail, ill or disabled.

Share your views in an online survey at **www.surveymonkey.com/s/CarersUK**

If you respond by 9 August you will be entered into a prize draw where you could win shopping vouchers.

Focus groups are also planned. To attend a session email Carers UK at **consultancy@carersuk.org**

Youngsters join the skills set

Cllr Crawford with the young graduates

Members of Newham's Youth Council have proved they have the skills to succeed after graduating from a course designed to boost their confidence and leadership skills.

Some 25 young people, including Young Mayor Rebekah Dike and deputy Theu Ho, received certificates after completing the Skills for Success course, funded by the Jack Petchey Foundation and run by the Dale Carnegie Foundation.

The course took place over six weeks and also concentrated on the effective communication and team work needed to help them find jobs.

Certificates were handed out by Councillor Richard Crawford, executive member for community affairs. He said: "We have a very talented group of youth councillors. This course has helped them boost the skills they need to reach their goals and live up to their full potential at school, home, and work."

Get advice on measles jabs

Parents of young children are advised to check with their GP whether their child is fully immunised against measles.

Measles is a viral illness and although most children recover completely, there could be some complications. If a child is not fully immunised with two doses of MMR vaccine they are at risk of catching the infection.

Public Health England is encouraging parents to seek preventive immunisation for their child by making sure they have had their two doses of vaccine.

It is never too late to receive immunisations. If you are unsure whether your child is fully immunised you should check your child's Personal Child Health Record, also known as the Red Book. Alternatively, contact your GP, or for information about general childhood vaccinations visit **www.nhs.uk**

Farewell to top class head teachers

Six head teachers who are leaving at the end of the school term have been applauded by Newham Council for their years of dedicated service to children.

The six – Christine Alexander (Colegrave School, E15), Linda Bryan (Gainsborough School, E15), Ann Buckingham (Park School, E15), Brian Lucey (St Antony's School, E7), Nina Panayis (St James School E7) and Ruth Martin (The Royal Docks Community School, E16) – have collectively served 106 years in Newham. They received inscribed pens as a token of appreciation.

A reception at the council's Newham Dockside offices in the Royal Docks celebrated the successes of schools as well as formally saying farewell to the head teachers who are retiring or leaving.

Councillor Quintin Peppiatt, executive member for children and young people, said: "We have excellent head teachers and teachers in our schools and it is good we can recognise what they do."

Vote for a classical performance

Residents are being given an opportunity to choose a piece of classical music for the Royal Philharmonic Orchestra (RPO) to play as part of the spectacular finale to the Under the Stars series of free concerts.

Newham Council has for the first time introduced an Audience Choice spot where residents can vote for one of five choices that they would like to hear on the last night of the festival in East Ham's Central Park on Sunday 18 August.

The piece with the most votes will be performed by the RPO before the interval of the final show, which also features a fireworks finale. Gates open at 6.30pm.

People are asked to vote for their favourite from: Bizet's L'Arlesienne: Farandole; Brahms' Hungarian March No 5; Coates' London Suite: Knightsbridge March; Greig's Peer Gynt Suite: Morning; or Mascagni's Cavalleria Rusticana: Intermezzo. All can be heard at **www.newham.gov.uk/rpo**

Council supports loans demo

Newham Council has supported a campaign to get Government ministers to tighten regulations on pay day loans.

Councillor Ian Corbett, executive member for environment, joined students from the University of East London to raise awareness of problems caused by debt to vulnerable people.

They protested outside a loan shop in East Ham on Canada Day, to highlight the fact that Canada has better consumer protection laws than the UK. The council is supporting a call to end the practice of stopping the sale of multiple loans to individual customers.

Cllr Corbett said: "Our community needs employers who create jobs that pay people. Filling our high streets with pay day loan firms is not the answer."

Angry over fire station cut

I am deeply disappointed by the London Fire Commissioner's decision to axe Silvertown fire station. We should all feel let down.

He has not listened to what residents – south of the A13 in particular – have been saying. They are right to be concerned for their safety, where they live and work.

East London generally has been unfairly hit by this ill thought out plan. Bow fire station is also to close and a fire engine cut from Whitechapel.

The London Fire Brigade's performance in Newham in terms of response times and reduction in incidents is good, but we do not want to see this standard drop because of cuts to front line services.

> "East London generally has been unfairly hit by this ill thought out plan.

...frontline services in Royal Docks

Across the borough we can expect to see an increase in the average first appliance (fire engine) attendance time, and the Royal Docks area can expect the average first appliance attendance time to increase by more than three minutes, which will mean residents will have the fourth longest average response in London at 8mins 39secs. That cannot be right.

We have many housing blocks and commercial properties that require more than one or even two appliances before fire-fighting can be effective. One recent incident involving a fire in a small works unit in Canning Town, from which a person was saved, required engines to attend from Poplar, Plaistow, Silvertown, Bow, East Ham and Whitechapel.

Silvertown fire station is within a designated enterprise zone, which is set for massive business growth. The Custom House and Canning Town regeneration programme nearby also has approximately 20 development sites and an additional 10,000 homes.

A reduction in the Brigade's excellent preventive work would leave many residents in the private rented sector – where we have seen shocking fire safety standards – unprepared for fire.

Silvertown's closure is a public safety issue that I will continue to fight. We don't want to be at greater risk in the event of an emergency where any delay can cost lives.

Mayor's view

Next generation of young enterprise

Newham must be a centre for enterprise and skills where we help residents, especially our young people, create their own jobs and reach their potential.

To do this we need the support of businesses and academic institutions such as the University of East London and Newham College, so I was delighted to be invited to the latter in East Ham to launch their Peter Jones Enterprise Academy.

Peter, who stars in of BBC's Dragons' Den, is helping the college give its budding entrepreneurs some hands-on experience in starting their own business, supported by some big local employers.

We know through our employment service Workplace that you need to engage with employers to understand the world of work. I encourage all businesses to support the Academy. Kids at the college will benefit from your guidance and the benefit of your experience to really learn what it takes to turn a profit.

Cutting the ribbon to launch the Peter Jones Enterprise Academy

Fun in the sun indeed

I was delighted to meet so many of you at the Mayor's Newham Show. If you weren't able to get along to Newham's biggest event of the year in East Ham's Central Park, you can catch all the sunshine action in our five page picture special on page 9 or on our website, www.newham.gov.uk.

Yet again it was another wonderful family event with something for all ages to get involved in. The Mayor's Newham Show continues to prove that people enjoy feeling part of our community.

We will continue to deliver the biggest free community events programme in the country. I can't wait for the Under the Stars music nights (see page 16), the Waterfront Festival and the fireworks in November. See you all there.

Enjoying the carnival spirit

with Sir Robin Wales

Newham London

Every Child a Musician

Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Every Child a Musician, which provides free music tuition in schools to children aged nine to 12 years old. As part of the programme, Newham Council is helping talented local musicians to become music tutors through our Local Tutor Training Programme.

> **Can you play an orchestral instrument, the guitar or keyboard to a high standard (equivalent to ABRSM grade 6 or above)?**
> **Do you want to develop your teaching skills and experience so that you can become a music tutor?**

If the answer is yes, then continue reading to find out more about the **FREE** part-time Local Tutor Training Programme which could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools or participating in a workshop with the world famous Royal Philharmonic Orchestra

For more information about the course that will run from **September-November** call **020 3373 1331**, or email **ecam.tutor@newham.gov.uk**

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Please apply online at www.newham.gov.uk/interpreterapplications

bookingsnls@newham.gov.uk
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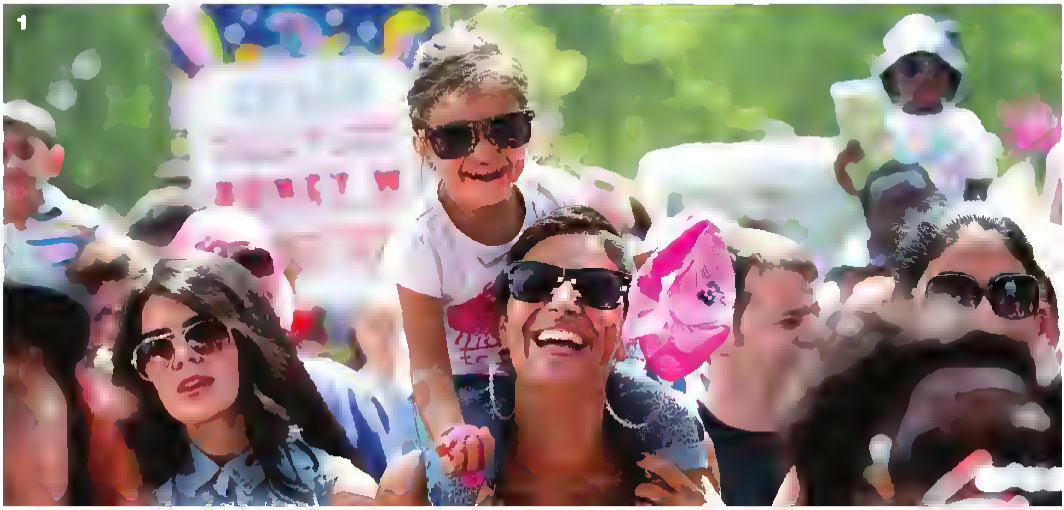
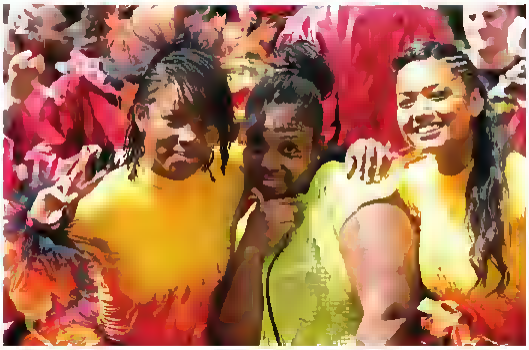
Investors in People





Sizzling sunshine and warm smiles filled East Ham's Central Park as almost 50,000 people enjoyed a glorious weekend of free family fun at the Mayor's Newham Show

Scorching temperatures brought huge numbers to the annual fiesta that included a colourful carnival procession by schoolchildren and appearances by BBC TV sensations the Zingzillas

The two day extravagnza included a beach and donkey rides, a village fete, live music and cabaret, sports, food from around the world and a children's area

Mayor Sir Robin Wales said "This year's event showed Newham at its best. Almost 50 000 people coming to the Show can't be wrong. That is why we continue to do more than any other borough to provide opportunities for free for people to get together in this way and enjoy themselves."

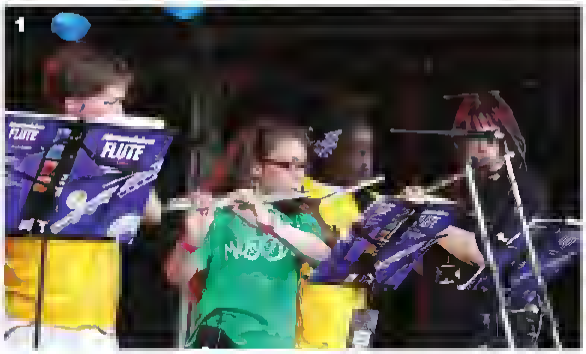
A vibrant carnival procession around the streets of East Ham kicked off proceedings on Saturday, headed by Newham's lollipop men and women who celebrated the 60th anniversary of the school crossing service. Performers wore a host of colourful costumes including recycled props from the Opening and Closing Ceremonies of the Olympic and Paralympic Games

As well as the ZingZillas on Sunday, BBC children's TV presenters Sid Sloane and Andy Day performed on Saturday. Children from Newham's Every Child a Musician programme also took the stage

Sunday's programme saw the Time to Shine community forum talent quest final. The winner was 11 year old singer Jasmine Elcock, representing Custom House and Canning Town.

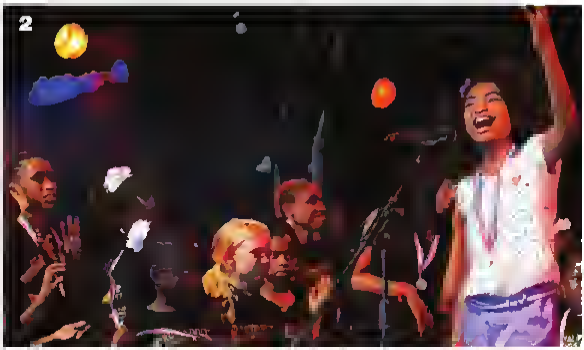
1 Head and shoulders above the rest. The Mayor's Newham Show delights visitors. **2** A blaze of glory at the Newham Carnival. **3** Little chefs cause a stir, watched on by Sir Robin and Young Mayor Rebekah Dike

Newham in pictures special



Newham in pictures special

1 Blown away Every Child a Musician students perform to the crowds **2** A view from the top Outside the family fun tent **3** A taste of rural pastimes at the Newham Village Fete **4** Sir Robin enjoys monkeying around with the ZingZillas **5** A cascade of colour sweeps High Street South as the carnival snakes around East Ham **6** Taking a tumble in the aqua ball **7** Bashful behaviour courtesy of Newham s Young Mayor **8** Feeling high A visitor enjoys the view



Newham in pictures special

1 Making your Day Deborah Day Theatre School Trust presents MJ Mix on the main stage **2** Singer Jasmine Elcock raises the roof and wins the Time to Shine talent quest **3** The green, green grass of home on sale at the Show **4** Checking out Every Child a Chess Player taster sessions **5** A face among thousands The community comes together for free fun **6** What a knockout Cruiserweight Wadi Camacho shows off his Prizefighter trophy to Young Mayor Rebekah Dike and Sir Robin **7** Summer celebrations at the carnival **8** Fancy footwork at a sports taster session **For more pictures of this fabulous event visit www.newham.gov.uk**

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SEA CADETS

RIVERINE TRUST – COUNCIL SERVES ENFORCEMENT NOTICE

Newham Council has served an enforcement notice on the Abbey Mills Riverine Trust as they are operating in West Ham without any planning permission. The Trust now has 28 days either to remove illegal buildings from the site, stop using it as a mosque and make the polluted ground safe or to appeal the notice.

The site – larger than nine international sized football pitches – has the potential to deliver much needed jobs, homes and space for the wider community. An independent expert report for Newham Council found that with improved passenger access to West Ham Station, the site could host approximately 1,100 homes, many of them family homes, as well as hundreds of jobs through new business and community space.

The Trust had voluntarily promised to produce an acceptable plan to redevelop the site in line with this vision of much needed homes, jobs and community use. They also promised that if they failed to bring this plan forward in time they would stop using the site as a mosque and remove all illegal buildings from the site.

The site is a former chemicals works and the council is concerned about the environmental risks, including the unauthorised building work the Trust has undertaken on land that was 'capped' to seal in pollution. Any development of the site without a proper clean up is a potential health risk for visitors to the site and the wider community.

Newham Council's decision to reject the Trust's application to build a large mosque on the site last December was supported by the Mayor of London as it failed eight of nine planning criteria set out by the Greater London Authority. The Trust has appealed the Council's decision.

After 17 years of breaking promises it is clear that the Riverine Trust has no intention of honouring their latest promise, upheld by the High Court, to clear illegal buildings from the site, stop using the site as a mosque and make the ground safe. The Trust has decided to appeal the High Court's decision in the Court of Appeal.

GET STAR STRUCK

The Mayor's Newham Show may be over but there's just enough time to catch your breath and gear up for another hotly anticipated event. Join us for four free musical evenings Under the Stars at Central Park in East Ham, from Thursday 15 to Sunday 18 August.

Under the Stars is your chance to enjoy four free nights of superb music with friends and family.

The musical extravaganza starts on Thursday with groovy jazz. Friday delivers banging eastern beats followed by a disco filled Saturday and topped off on Sunday with our classical evening with fireworks finale.

THURSDAY 15 AUGUST – JAZZ IN THE PARK

Calling all cool cats, relive the heydays of acid jazz with our super double headline bill of heavyweights **The Brand New Heavies** and **Incognito.**

Don't You Worry About a Thing as **Incognito** is Always There to ensure you have a good time.

British band Incognito is one of the founding groups of the UK's acid jazz scene. With 15 albums to their name they will take you back in time with classic hits, as well as showcase new material.

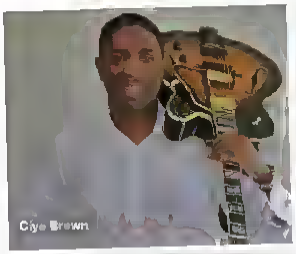
Feel refreshed with the sounds of the **The Brand New Heavies**.

You're guaranteed to Never Stop boogying with these pioneers of the London acid jazz scene. This Dream Come True ensemble will delight you with their mix of jazz, funk and soul. Come for an evening Under the Stars and experience Midnight at the Oasis.

You can also meet the musician's musician **Clyo Brown** whose collaborations include working with George Benson.

Clyo has released five albums to date. Hear for yourself what the hype is about when he opens Thursday evening's entertainment.

Support comes from turntable gurus **DJs James Anthony and Ash Selecter** who will be pumping up the volume. Come early and let them get you into the party mood.



FRIDAY 16 AUGUST – EASTERN BEATS

If you like your music loud, energetic and infectious don't miss our evening of Eastern Beats for a banging night out.

Programme is subject to change

Get ready for a Desi Culture Shock as **DCS**, featuring the pitch perfect musical tones of **Shin**, take to the stage. The legendary 80s band, who paved the way for modern bhangra artists, will perform classic tracks and modern hits. Bhangra's Gonna Get You – you have been warned.

If you've Been Waiting for a great night out don't miss the pioneering sounds of **Taz Stereo Nation**. The Asian-fusion supremo has created a unique style that has seen him forge a 24-year career in the Brit-Asian music circuit. Expect the unexpected and go home with Taz's catchy melodies ringing through your ears.

Don't miss the charismatic **Juggy D** who will get you in the mood to party with his infectious dancing and bhangra beats to match. This brother from the Rishi Rich Productions family will showcase his versatility and experimental Bhangraton, a mix between bhangra and reggaeton, bringing a South

American flavour to High Street South.

TV's Got to Dance semi-finalists **Gaana Rajas** are ready to show Newham that they've got talent. The local South Indian-inspired dance troupe have performed to millions of viewers on Sky 1 and now they're set to stun you with their high energy performance.

Poet, songwriter, composer and vocalist, Newham's **Ali Abbas** will

take you on mystical musical journey with the haunting sounds of Sufi and Qawalli music. The BritAsia Superstar finalist is working on his debut album and will be sharing new and exclusive tracks with you.

Get fired up with the **Juggling Inferno**, a group of highly skilled, professional fire dance technicians who will perform a choreographed piece to a Bollywood soundtrack. Be amazed as they turn themselves into human fireworks in this multi-layered fire and pyrotechnic show including juggling, hula hoop, fire eating and a fire rope.

All acts will be supported by super-smooth Kiss FM presenter **DJ Neav**.

Don't miss out

Under the Stars takes place from 6.30pm every evening from Thursday 15 to Sunday 18 August at Central Park, High Street South, E6.

As well as a wide range of catering there will be a pay bar on site. You can also bring your own food and drink but glass bottles are not allowed. You may be searched as a condition of entry.

Read more about the stunning line-up for Saturday and Sunday in the next edition. See the ad on the back page for details.

For more information visit **www.newham.com**

Follow us on twitter **@NewhamLondon**

Find us on Facebook **www.facebook.com/NewhamCouncil**

Mayor of Newham

Get passionate about parks

Fall in love with your local open space and discover what our green havens have to offer by getting up close to nature during Love Parks Week, from Saturday 27 July to Sunday 4 August.

BOWLING

If you're over 16 roll down to your nearest park to enjoy a free have-a-go bowling taster session.

- > ***Stratford Park, West Ham Lane, E15: 28-31 July and 1, 2 and 4 August, 12.30-3pm.***
- > ***Plashet Park, Plashet Grove, E7: 31 July, 2-5pm.***
- > ***Central Park, High Street South, E6: 31 July, 3-6pm.***
- > ***Royal Victoria Gardens, Albert Road, E16: 1 August, 2.30-5.30pm.***

GARDENING – open to all

Find out about ***Abbey Gardens, Abbey Lane, E15***, by coming along to their tree gardening club on 27 July, 10am-4pm; 30 July, 1-3pm, 1 August, 4-7pm and 3 August, 10am-4pm.

Learn how to grow salad on window sills and take part in green-fingered-friendly activities at ***Dorset Road Community Garden, Dorset Road, E7:*** 3 August, 12-4pm.

Enjoy some ***Gardening Thymes*** at the community garden in Central Park, High Street South, E6, and find out about activities at the bowling green on 2 August, 11am-1pm.

SPORTS

Cricket: coaching and matches for eight to 16-year olds at ***West Ham Park, Portway, E15,*** from 10am-1pm on 29, 30 and 31 July. Cost £2 per session or £5 for 3 days. Call activeNewham on 0844 414 2728 to book your place.

BMX: eight to 16-year olds can learn tricks and skills and put them to the test in the fastest lap competition at ***Gooseley Playing Fields, St Albans Avenue, E6,*** on 31 July and 1 August from 10am-1pm. Cost £5 per session. Booking is essential. Call activeNewham on 0844 414 2727.

Football coaching and multi sports: every day from 11am-2pm, between 29 July and 2 August, eight to 16-year-olds can enjoy free coaching sessions at ***Stratford Park MUGA, West Ham Lane, E15***.

Tennis: learn from the experts at this tennis coaching session on 1 August, 5-6pm for eight to 16-year olds and 6-7pm for adults at ***Central Park Tennis Courts, High Street South, E6***. Cost £2 per session. Booking essential. Call activeNewham on 0844 414 2727.

PLAY

Free local play sessions for six to 14 years. Activities include outdoor sports, physical activities, arts and crafts and messy play

- > ***29 July, 10am-4.30pm, Plashet Park, Plashet Grove, E6***
- > ***30 July, 10am-4.30pm, Britannia Village, 65 Evelyn Road, E16***
- > ***1 August, 10am-4.30pm, Forest Lane Park, Magpie Close, E7***
- > ***2 August, New Beckton Park, Savage Gardens, E6.***

All sessions will close between 1-1.30pm for lunch.

SOMETHING DIFFERENT

After the Tempest: An open air theatre production inspired by Shakespeare's The Tempest. Performances take place outside as the sun goes down and in all weathers. Picnics are welcome.

1 to 3 August, Central Park, High Street South, E6, 7-9.30pm.

Tickets cost £12 or £6 concessions. ***Visit www.teatrovivo.co.uk/after-the-tempest to book.***

BECKTON LAKE CONSERVATION DAY

Help welcome wildlife and make Beckton Lake a better place for small creatures. Activities are weather dependent but are planned to include vegetation clearance and building bug hotels. For ages 12 and up. Wednesday 31 July, 10.30am-2pm, ***Beckton District Park North, Tollgate Road, E6***

Visit **www.thames21.org.uk/events** for more details

GET MORE FROM YOUR PARK

Our parks are more than green spaces. They are clean and safe, a haven for wildlife, places of fun, play and tranquillity and are open to all and free to use.

Newham has 22 parks, and a range of open spaces and community gardens. From reading a book under a tree to working up a sweat in one of our outdoor gyms, the opportunities for you at your park are endless.

Play areas – let the kids go wild at one of 25 playgrounds in Newham

Volunteering – roll up your sleeves and lend a hand at your local park

Sports and activities – from angling to outdoor gyms, it's easy to get active at a park.

Find out more about this and more www.activenewham.org.uk/enterprise/parks

TURNING
OFF THE
RED
LIGHT

Prostitution may be considered the world's oldest profession but that doesn't make it legal. As well as placing often vulnerable women in difficult circumstances, prostitution attracts a range of anti-social behaviour which can affect us all.

In a groundbreaking move, Newham is now using planning regulations and its private property licensing scheme to deal with the issues that brothels create.

It may seem strange that failure to apply for a planning permit to change a property from residential to commercial use should be an effective way of dealing with brothels, but it is.

Working with the police we can investigate properties quickly, flexibly and without a warrant. If it is being used illegally we can take action against all interested parties.

Citizen Q

We spoke to a Newham resident who lived next to a brothel. He said:

"It was a nuisance. It was always noisy and often there were calls to my door, especially at night. The people going there were not nice. Sometimes there would be trouble and you would hear the girls screaming. I work in the evening and I was worried for my family, my wife and children.

"I told the police. They were very good and even came to my shop to talk to me. Then one night they came with a big van and about 15 officers. The next day the brothel was gone.

"I'm grateful to the police. They did the job proper. The council came and now there are new people living there who are very good. It's much better."

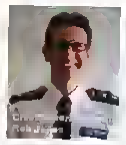
How it works

1. You report your concerns by calling your Safer Neighbourhood Team (SNT) or by emailing **planningenforcement@newham.gov.uk**
2. Each week representatives from the police and Newham Council's planning and enforcement officers go out to investigate properties.
3. Where a brothel is found, the planning enforcement team takes action against the landlord, letting agency, banks and any other interested parties.
4. Any criminal offences found on the premises are dealt with by the police.
5. Any clients at the premises are issued warnings, anti-social behaviour contracts, and anti-social behaviour orders. Breaches of these can lead to fines or up to five years imprisonment.
6. Prostitutes are issued with health packs and signposted to support and diversion organisations. Open Doors is a free confidential sexual health advice service for people working in the sex industry. Operation Sapphire deals with incidents of sexual violence and the Drug and Alcohol Service or Safe Exit provide support to women who want to leave prostitution.
7. The brothel is normally closed within two days if the landlord supports the action, or two weeks if they do not.
8. The property is returned to its use as a home and regular follow up visits are made to ensure that it remains this way.

The new approach has been highly successful. Since March 59 properties have been investigated and 16 brothels have been closed, with one more pending.

Sometimes the houses investigated turn out not to be brothels, but houses of multiple occupation. This has led to a number of arrests under immigration legislation.

Through the council's property licensing scheme the council can also take up any other issues found with the landlords to help drive up the quality of the borough's private rented housing.



Police Borough Commander, chief superintendent Rob Jones, said: "Brothels can blight the local community and make people's lives a misery.

"We have been working with Newham Council to find a new solution using planning law. Where brothels are found, evidence is secured and the welfare of the occupants is checked. We ensure there are no human trafficking or forced labour offences. A notice to quit is served on the owner of the property under planning regulations.

"I would urge anyone who has any concerns that an address may be operating as a brothel to contact their local Safer Neighbourhood Team."

The team enter a property and discover evidence of the sex trade and poor maintainence

Report it

If you have concerns about a house in your area email **planningenforcement@newham.gov.uk** or report anti-social behaviour online at **www.newham.gov.uk**

To find out more about your local Safer Neighbourhood Team visit **www.met.police.uk/saferneighbourhoods**

Newham London

You could get help with your childcare costs

Are you working 16 hours or more per week and have childcare costs?

WORKING TAX CREDIT

provides financial support for people on low incomes, with extra help available for working parents for up to 70% of the cost of registered childcare.

ARE YOU GETTING THE CREDIT?

To find out if you are eligible visit www.newham.gov.uk/taxcredits

Discover free entry

This summer, as part of Mayor Sir Robin Wales's Reading Guarantee, children under 11 and families who live or work in Newham are invited to discover Discover, Stratford's children's story centre, for free.

From 29 July until 14 August head down to Discover and take a journey into Space. There are interactive intergalactic exhibitions and tall tales delivered by Discover's excellent story builders.

Free entry saves a family of four £16. All you need to bring is proof that you live or work in Newham. Booking is essential for some sessions. Here's what's coming up:

Story Trail and Garden

Tuesday to Friday, 10am-5pm, Saturday and Sunday 11am-5pm

Let your imagination soar on the indoor Story Trail – explore a secret cave or climb a magic tower. Have an adventure in the Story Garden by sliding down a monster's tongue, and sailing away on a pirate ship.

Journey into Space

First come, first served
Tuesday to Friday, 10am-5pm, Saturday and Sunday 11am-5pm

Blast off with Discover's interactive exhibition, Journey to Space. Explore a mysterious planet and follow the clues left by astronaut Major Tom and his faithful companion Robert the Robot.

Daily Space Stories

Open every day: 12.30pm, 1.30pm, 2.30pm and 3.30pm, for ages two to 11 years. Booking is essential.

Throughout the summer holidays Discover's story builders will bring intergalactic tales to life. You could experience Alien Tea on the Planet Zum-Zee or take a journey with The Night Pirates.

Space Babies

Monday to Friday 11am, Saturday and Sunday 11.30am, children aged under three. Booking is essential.

Take a very gentle journey to the stars with one of Discover's story builders. Sing along, experience a ride in a roaring rocket and hear a story on an alien planet.

How to get free entry

Anyone who lives or works in Newham can get free entry to Discover from 29 July until 14 August. You need to bring proof of address, a business card or payslip when you visit. Call **020 8536 5555** to book.

Discover is open from Tuesday to Friday, 10am-5pm, Saturday and Sunday, 11am-5pm.

Discover is at **383-387 High Street, E15.**

Visit **www.discover.org.uk** for more information.

Pieces of 8

Small enterprise doesn't come much tinier than Number 8 Forest Gate. This treasure trove emporium of unique and unusual items is helping emerging entrepreneurs try their hand at business, under the watchful eye of jeweller and shopkeeper Jeff Levy.

Jeff and his right-hand retail partner Andrea Jaye started off as traders at the Woodgrange Market Place, on Sebert Road, E7. Jeff, owner of Panda Jewellery, has been in the trade for 42 years but beautiful, bespoke precious metals and stones aren't the only things on offer at Number 8 Forest Gate.

Jeff said: "I did my apprenticeship in Hatton Garden, I'm a qualified diamond setter but I have learned the whole trade. I was looking for somewhere to work, a little studio where people could see me work and buy my goods. This shop become available but I couldn't afford the whole rent so I thought I'd turn it into an emporium."

Jeff uses the space to sell his handmade jewellery and do jewellery repairs, with the remainder of the shop let to almost 20 traders to sell their goods.

The shop's interior has been built from scratch by Jeff, who admits that this was

his first attempt at carpentry. Staircase spindles salvaged from skips and broken down ladders are some of the innovative ways Jeff has used to display the treasures in his shop. And the goods on sale are as diverse as the community from which they stem. Blinds made from old bus signs, collectable Moorcroft pottery, porcelain dolls heads, candles in tea cups, vintage bikes and clothing, hot pepper sauce and handmade goods from Thailand are just some of the things you can find at the shop. Jeff said: "We're here to earn money for all the traders in here. It's their bit of the high street.

"Our prices start from 10p for a button or a spare Scrabble letter for 30p. The most expensive things are the guitars, bikes or a diamond ring for £900. Nowhere else in Newham offers what we do. If you're looking for a unique last minute present, where can you go? If you want variety, this is where you'll find it."

The shop has been for open less than three months and already there's a waiting list of traders vying to sell their goods at Number 8. Jeff's tenancies are for an initial three months with the option to extend. Rental space starts from £15 per month for a shelf or up to £125 for an entire unit, with a small commission taken on each sale. Jeff said: "Every week it changes in here. We still have staple items but some things that sell, we're not going to be able to replace. Every time someone walks in here it's a different experience."

The shop may have given Jeff the retail roots he needed to build his business but the market is still close to his heart. With permission from the volunteers who run it, Jeff has started a Friday market and events at the Market Place on the last Sunday of each month. Jeff said: "The first event was just the market. Then we had an idea to invite the many musicians in the area and have a huge jamming session. We put the word out and people came with their instruments. We didn't care how good or bad they were – even I got up and sang, if there were rotten tomatoes on sale then I would have been pelted!"

Jeff is optimistic about the future and his plans for the space, saying: "I have done things I never thought I'd do in my life. It has taken a lot of toiling and froiling to make it work but now I know what's involved. If we do get another place the next one has to be bigger."

Number 8 Forest Gate is at 8 Sebert Road, E7. Opening hours are 9am-6pm, Monday to Saturday and Sundays from 10am- 4pm.

@Number8_FG

Number 8 Forest Gate

For tips on how you can start your own business visit www.newham.gov.uk/startups

PLUS
Free arts & crafts and dancing workshops

CULTURAL CELEBRATIONS

JOIN US EVERY WEDNESDAY to celebrate the diverse cultures that make Gallions Reach special. There's lots of FREE activities including themed arts & crafts, dance workshops, plus a chance to make your mark on the weekly community BIG ART canvas.

EVENTS TAKE PLACE FROM 12PM – 5PM

Family Shopping Made Easy

www.gallions-reach.co.uk

next · Burton Menswear London · Boots · Superdrug · Smyths · and many more.

GALLIONS REACH BECKTON

Got something to shout about? Email your ideas to newham.mag @newham.gov.uk

YOUR SPACE

where young people take control

AN OUT-OF -THIS-WORLD EXPERIENCE

This summer, Amber Millar Chambere from Forest Gate is boldly going where none of her peers have gone before. The 15-year-old Sarah Bonnell School student will be visiting NASA's Space Camp in Alabama USA after her sonic sphere robot was voted as the winning design in a space technology competition.

"I found out about the competition from Nagin Cox a famous space engineer who works with NASA on the Mars Rover She visited Sarah Bonnell in Stratford and gave an inspirational talk to Year 10s I came up with the idea for a Sonic Sphere, a spherical, lightweight robot powered by solar panels made from heatproof plastic that searches for signs of life on Mars

"I'm looking forward to meeting new people, learning more about space exploration and walking in zero gravity"

"The Sonic Sphere collects rock samples using its retractable scoop or arm Inside the sphere, there's a lab to analyse the rock samples and a 360-degree vision camera After being analysed in the internal lab, data is sent to earth via the retractable aerials. It would also send out a sonar signal used by other animals such as bats and dolphins, as an alternative form of communicating with possible life on Mars.

'I came up with the idea whilst watching the TV show The Big Bang Theory In one episode they discussed how the Mars Rover got stuck in a ditch I thought if the Rover was the shape of a ball it could have rolled itself out I included features such as spikes for stability

"Nagin Cox told us that they had previously found signs of life on Mars. It's amazing to think that there could possibly be or has been life out there

"I'm overjoyed to have won this competition and be going to Space Camp I'm looking forward to meeting new people, learning more about space exploration and walking in zero gravity"

New homes for **Newham**

Housing in the capital is notoriously costly and for many people homeownership is an impossible dream. Newham Council is tackling this head on by building new housing to provide badly needed new homes across the borough, allowing hard working families to get the helping hand they need to climb the first rung of the home ownership ladder.

Demand for social housing is so high that most people have to wait many years to even be able to bid for a suitably sized council home. The expensive, ever growing private rental sector is often the only option for home finders. Building more council properties gives residents the opportunity to rent a decent home at an affordable rent, allowing them to build up enough savings before moving on to buy their own home.

Newham Council has committed £26m to the project and successfully bid for an additional £6.6m grant from the Greater London Authority. This will deliver 220 new social homes in the borough – a scale that has not been matched in more than 25 years. The homes will be a combination of new build, acquisitions, extensions and conversions of existing non-residential buildings.

So far, 16 sites across Newham have been earmarked for new build development, creating 104 new homes, 87 of which will be highly desirable three-bedroom houses. Architects have submitted design proposals, which the council is reviewing ahead of submitting for planning approval.

To view some of the contemporary concepts for new housing visit **www.newham.gov.uk/newcouncilhomes**

Who gets priority?

There are more people on the council's housing waiting list than there are available homes.

Last year, after extensive consultation with residents, Newham's Cabinet changed the council's housing policy to prioritise current and former members of the armed forces, people in employment and those who have made a contribution to their community, such as carers. Newham is one of the first local authorities in the country to make these ground breaking changes to their housing allocations policy. To read more visit **www.newham.gov.uk/allocationspolicy**

Artist's impressions of design proposed for Rymill Street site, North Woolwich

Freewheelin'

Following the massive 2012 Games gold rush all things bike are big. In Newham this movement is being spearheaded by the Newham Cyclists, part of the London Cycling Campaign.

Newham Cyclist Emma Harper secured a place in the Prudential RideLondon-Surrey 100 on Sunday 4 August, thanks to Newham Council, and is raising money for the charity Care for Casualties

She said: "I've been a member of Newham Cyclists for around three years and am thrilled to be riding 100 miles in the RideLondon 100. It's the first time the event has run and Queen Elizabeth Olympic Park is such a good starting place."

Emma is enthusiastic about the growth of cycling in Newham. She said: "There's certainly a lot more people at our cycling events and on the roads. The new Cycle Superhighway will help make cycling in Newham better."

Plans for Route 2 of the Barclay's Cycle Superhighway were consulted on and approved by the council earlier this year. Work has now started and it opens this winter.

Cycling is getting ever more popular both as a method of transport and as recreation. In London the number of people cycling has doubled in the past five years.

If you want to try cycling why not take part in one of the Newham Cyclists' monthly New Newham Rides – a leisurely, social ride that takes in The Olympic Park, House Mill, Royal Docks, Siemens Crystal, Thames Barrier, and Brick Lane Music Hall.

It starts at 10.30am outside Stratford Station and finishes back there at about 3pm. The next ride is on Saturday 27 July. For more information call 07947 236 965

The Newham Cyclists will lead a group of cyclists to the FreeCycle event in London on Saturday 3 August and family oriented, cycling activities will take place at Queen Elizabeth Olympic Park throughout the weekend.

If you are interested in joining the Newham Cyclists email
newham-cycling@yahoogroups.com

For more information on free cycle training email
cycle.training@newham.gov.uk

To sponsor Emma visit
www.justgiving.com/emma-harper3

Calling all cadets

If you're aged 14 to 18 go along to Newham Volunteer Police Cadets (VPC) open day to can find out how you can make a real difference to reducing and preventing crime in your local area

The Newham VPC unit meets four times each month Activities include visits to police units meeting speakers from various backgrounds, annual sporting competitions and camps There is also the chance for cadets to take part in the Duke of Edinburgh's Award scheme and participate in volunteering opportunities at weekends

Newham's VPC open day takes place on Thursday 25 July at Lister Community School, St Mary s Lane E13, from 6 30 9pm As well as your chance to find out more about the VPC the event will include a passing out parade and hands on demonstrations of the activities and training on offer to cadets

New unit sessions begin in September To find out more call **07500 881 380 / 020 7275 3912** email **newhamcadets@met.police.uk** or **visit www.met.police.uk/cadets**

Open the door to art

East Ham's Red Door Studios is calling on artistic residents to showcase their work at the summer exhibition Art On The Edge 2013.

The annual event is a celebration of local art including painting, sculpture, mixed media, fibre arts, photography and more

The exhibition is running at the venue in Masterman Road, rear of 120 High Street South, E6, from 2 to 25 August. Opening hours are: Weekends, 11am-5pm and Wednesday to Friday, 1-5pm, with additional late night opening on Thursdays from 6-10pm The exhibition is free

If you'd like your work to be a part of this exhibition call Red Door Studios **on 07515 378 548**

Help fund a piece of history

Theatre Royal Stratford East has launched a public appeal to raise money for a sculpture outside the iconic theatre in Stratford to remember the legendary theatre director Joan Littlewood

The bronze sculpture will be created by internationally acclaimed artist Philip Jackson whose work includes the Champions sculpture of Bobby Moore in Upton Park

The theatre has raised more than 50 per cent of the money needed to complete the project Members of the public are being asked to pledge their financial support to help raise the remaining funds and create a permanent reminder of Joan Littlewood's contribution to British theatre

Kerry Michael, artistic director of Theatre Royal Stratford East said: "Joan Littlewood brought theatre to the people of Newham and revolutionised the international theatre landscape with her bold and powerful productions

"We're delighted to have raised more than 50 per cent of the funds required to commemorate her with a sculpture in Theatre Square in Stratford and are asking local residents to play a part Any donation, no matter how small, makes a huge difference, so please support the campaign today"

Visit **www.joanlittlewood.com** to make a donation

A Scorching family fun day

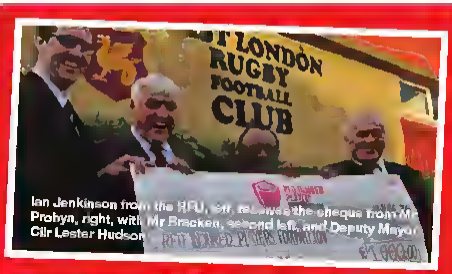
On Sunday 4 August BBC radio presenter Eddie Nestor is holding Summer Scorch, a family fun day to raise funds for Newham charities

Meet and mingle with celebrities, find out how to get and stay fit with some of London s top instructors

Activities include family fitness tests bouncy castles Wehninger's resistance sliding Friendly competitions include tug of war basketball and a bike challenge There's also a mega soca jam and banging bashment beats

The event runs from 12noon 6pm at Newham Leisure Centre, Prince Regent Lane E13

For more information call **07956 946 034** or **07885 748 766.**



Ian Jenkinson from the RFU, left, receives the cheque from Mr Probyn, right, with Mr Bracken, second left, and Deputy Mayor Cllr Lester Hudson

Rugby club are cheque mates

East London Rugby Club raised more than £1,000 in a charity quiz to help seriously injured players

Eleven teams battled it out at the club in Holland Road, West Ham, with money raised being presented to the Rugby Football Union's Injured Players Foundation, which supports people who sustain a catastrophic injury whilst playing the game.

Former England rugby international Jeff Probyn presented a cheque to the charity, which helps both players and their families in the early months after serious injuries as well as in the long term

Rugby club chairman Nick Bracken said: "We would like to thank local residents, businesses and Newham Council who entered teams "

For further information about East London Rugby Club visit **www.pitchero.com/clubs/eastlondonrfc**

Look after your health during Ramadan

Thousands of Muslims in Newham are fasting for the holy month of Ramadan but as temperatures soar NHS Newham's Clinical Commissioning Group (CCG) is advising residents to put their health first

Fasting is a spiritual and physical act so it is important to be aware of your health and any health issues that could arise

If you feel unwell or are in pain, check with your GP if it is safe to continue to fast. You should do the same if you are managing an existing health condition If you are not registered with a GP you can find details of you nearest practice by visiting **www.nhs.uk**

Ramadan is the perfect time to quit smoking Stopping smoking decreases the risk of developing serious illnesses like lung cancer, heart disease and chronic bro

Anyone who is trying to quit or cut down should contact the Stop Smoking Service in Newham on **0800 013 1673** or **020 3373 8830.**

Kids' Corner

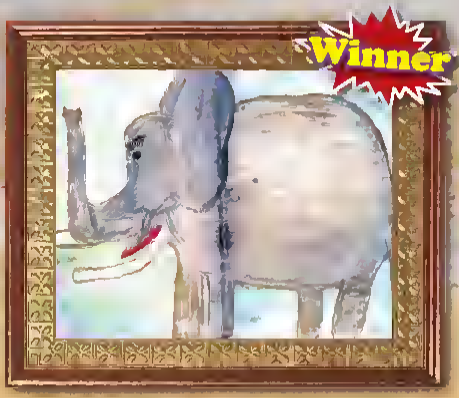
PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

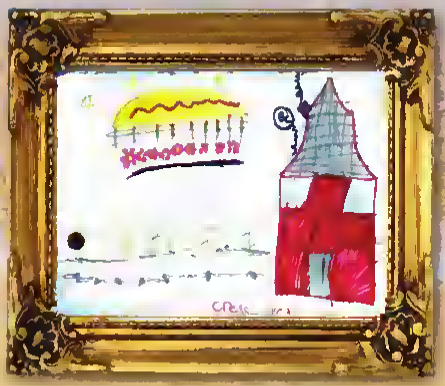
GALLERY

Iyyan Patel, 7

Iyyan Shenoy



Grace



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Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your full name, age address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on

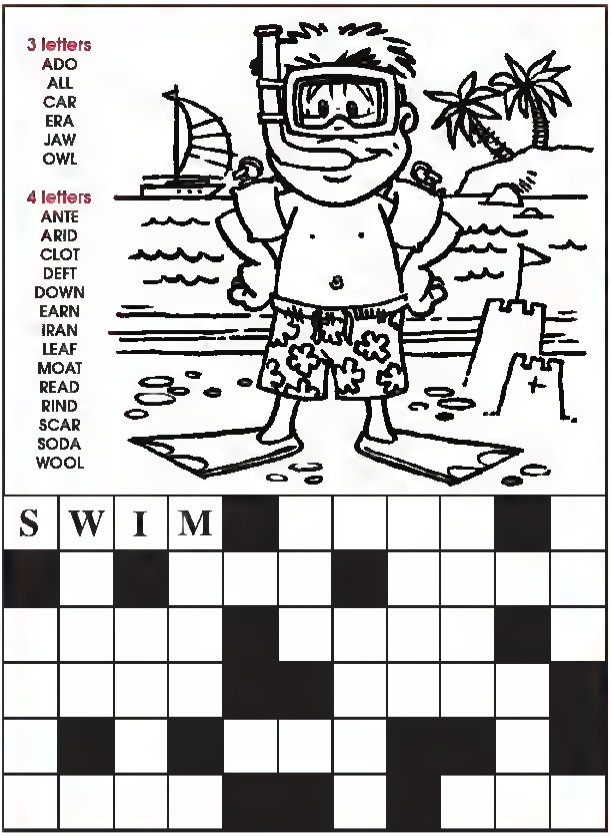
Jokes

How do you make a tissue dance?
You put a little boogie in it.

Why was 6 afraid of 7?
Because: 7 8 9

Atina Bhogal, 9

Colour-me-in Wordfit



WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

19 JUL – 2 AUG

OUR THRILLING THREE...

1. **Submit your films about urban wildlife** to be screened aboard the River Princess at Cody Dock E16. Their next film night is on Saturday 10 August. Email a link to your film to dominiquenvoal@yahoo.co.uk. Call 07813 345 057 for more information.

2. **Jamie's Ministry of Food Stratford** – Free kids cooking workshops. Great Eastern Market, Westfield, E15. Tuesday 30 and Wednesday 31 July. Ages ten to 15. Call 020 8123 9085 or email **hello@leasidefood.co.uk** to book.

3. **Active centre salsa dance** – Mondays, 3.15-4.15pm. Beckton Community Centre, East Ham Manor Way, E6. Free and suitable for all.

MENTION THE MAG...

Get discounted tickets to see legendary rock drummer Ginger Baker live at Stratford Circus Theatre Square, E15.

Perhaps best known for playing in Cream with Eric Clapton and Jack Bruce, Ginger returns on Friday 20 September at 7.30pm with a formidable jazz quartet featuring Pee Wee Ellis (tenor sax), Mike Mondesir (bass), Abass Dodoo (percussion).

Advance standing tickets are £18 each. On the-door or seated tickets are £20.

Mention the Mag and the first twenty Newham residents can get standing tickets for £15 each.

To book call **0844 357 2625** or visit **www.stratford-circus.com** and enter promo code **'newhammag'**

TRY SOMETHING NEW... ROYAL VICTORIA BEACH

Come along and discover this summer's latest addition to the Royal Docks. The Royal Victoria Beach is a [illegible] in the city, complete with 200 tonnes of [illegible] black chairs ready for you to relax and [illegible].

The beach, provided by Newham [illegible] and by The Royal Docks Management [illegible] on to 8pm every day until 27 S[illegible] activities every Saturday fro[illegible].

Royal Victoria Dock, E16
For more information visit **www.newham.gov.uk**

Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night
Entertainment every Mon, 8pm Theatre Royal, Gerry Raffles Square, E15. Visit www.stratfordeast.com/comedy-night

Mini Musical Makers
Free music and story building sessions for 2-5 years
Wed afternoons. Discover Story Centre, 383-387 High Street E15. Call 020 8536 5555
Mon mornings, The Hartley Centre, 267 Barking Road, E6. Call 020 7540 6923
Free entry to Discover Children's Story Centre when you attend.
Free music therapy sessions for 2-5 years. Thurs, 3-4pm at Shrewsbury Children's Centre, Shrewsbury Road, E12. Call 020 3373 6050
Fri, 2.15-3.15pm or 3.45-4.45pm. Susan Lawrence Children's Centre, Lawrence Avenue, E12. To book call 020 3373 7227

COMMUNITY LEARNING

Do it Online
Basic computer sessions at local libraries. You must book in advance.
Tues, 2-4pm, Plaistow
Wed, 2-4pm, Stratford
Thurs, 10am-12noon, Canning Town. The Gate and Manor Park
Fri, 2-4pm, East Ham

Knit & Natter
Craft group for adults, at local libraries.
Fri, 10am-12noon, Canning Town
Wed 10am-12noon, Beckton

Basic Numeracy (19+)
Mon-Thurs, 10am-5pm and Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12 Call 07943 887 612/ 07507 173 272

Writing for Fun
Free ten-week creative writing course for 16+ at local libraries Mon, 6-8pm, and Fri, 1-3pm, Stratford

Reading for Pleasure
Free ten-week course at local libraries open to all Sun, 2-4pm, Stratford

UNDER-FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers, at local libraries

Imaginative Play
Fri 11am 12noon East Ham

Interactive storytelling
Fri 10-11 30am East Ham

Storytelling
Mon 11am 12noon, Canning Town and Beckton Globe
Tues 10 11am Canning Town 11am 12noon Custom House Stratford The Gate
Weds 2-3pm, East Ham
Thurs 2 3pm, North Woolwich Plaistow
Fri, 11am-12noon, Stratford Green Street and Manor Park

Toy Library
Tues and Thurs, 10am 12noon, East Ham

YOUNG PEOPLE'S LIBRARY ACTIVITIES

Homework Club
For young people aged seven to 14 School term only
Mon 4 6pm Stratford and East Ham
Mon, 3 30 5 30pm, North Woolwich
Weds 3 30 5 30pm, Green Street and Manor Park
Thurs 4-6pm, Custom House, Forest Gate and Plaistow
Fri, 3 30-5 30pm Beckton and Canning Town

ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Adult Reading Groups
Thurs 1 Aug 6 45-7 45pm, Stratford This month Why the Whales Came by Michael Morpurgo

Over-50s Club
Thurs 10am 12noon, Beckton Globe

GENERAL LIBRARY ACTIVITIES

Chess Club
Learn and play chess for free at your local library
Thurs 5 30-7 30pm, Stratford

EXTRA ACTIVITIES

LGBT Community Group
For over 50s Snacks and refreshments provided
Every third Tues of each month 4-6pm, Community Resource Centre 200 Chargeable Lane E13 Call 020 7239 0447

Royal Docks Learning & Activity Centre
Mon, Employment Support sessions by appointment only
Tues, Bingo, 10am-12noon
Healthy Cooking Group, 10am 12noon
Over 50s Computer classes, 11am 1pm
Weds Mother and Toddlers group, free, 9 30 11am
Coffee Morning, free 9 30-11am
Learn to Earn – Employment Support Drop-in, free, 10am-2pm
Sewing Classes, 10am 12noon
Thurs Tai Chi, £2, 10 30am-12noon
Royal Docks Learning & Activity Centre, Albert Road, North Woolwich, E16
Call 020 7476 9922

Dirty Hands Project
Grow your own fruit and veg Open to all First Sat of each month, 10am-2pm, Valetta Grove (opposite Plaistow Station) E13 Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

Table Top Sale
Sell your goods and keep your profits, £5 a table – open to all
Last Sat of every month, 9am 2pm Jack Cornwell Community Centre Jack Cornwell Street, E12 Call 020 8553 3459

Turn up and trade
Free pitches available for traders Every Sat, 9am-4pm, Rathbone Market, Barking Road, E16 Email saturdayraffle@gmail.com or galina.doneva@newham.gov.uk or call 07790 945 985

BOXING AND SELF DEFENCE

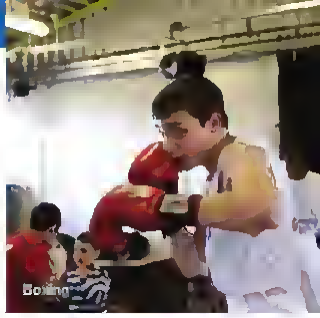
Boxing
Weds, 7pm
West Ham ABC – community boxing, 11 19s
Olympic style amateur boxing sessions Hathaway Community Centre
Hathaway Crescent, E12
Call 020 8430 2000
Mon Wed Fri, 5 6pm
West Ham Boys ABC 9+ boys and girls
The Black Lion 59 61 High Street, E13 Call 020 8472 3614
Mon, Wed 6 8pm
Peacock ABC 8+, boys and girls
Caxton Street North E16
Call 020 7511 3799
Mon Wed Fri, 6 7 45pm
Newham Boys ABC
6+, boys only
Old Bath House 141 Church Street E15 Call 020 8519 5983
Fight For Peace 11+ boys and girls
Woodman Street North Woolwich, E16
Call 020 7474 0054

Punch Out (16+)
Tues 5-6pm Katherine Road Community Centre 254 Katherine Road E7
Thurs, 6-9pm, boxing fitness workout Beckton Community Centre, East Ham Manor Way E6 Email getactive@newham.gov.uk

Shoujin Karate
Weds, (during term time only) 4 30-5 30pm Fri, 6-7pm and 7 8pm Sun, 10-11am
Sessions for beginners Under 15s £4 16+ £6, concs £5
Newham Shoujin Karate Club Newham Leisure Centre Prince Regent Lane, E13
Call 07508 070 638

Docklands Karate Club
Mon, 6 20 8 20pm Under 15s £4 16+ £6 concs £5
first session free
UEL Sports Dock Docklands Campus E16
Call 07766 685 869

Tang Soo Oo
Sat, 1-2 30pm and Tues 7 30-8 30pm (arrive at least 15 minutes before start) The Hub 123 Star Lane, E16 Korean Martial Arts for 5+ to adults. £5 per session –



family discount available
Call 07725 948 426 or email ace_rosillo@hotmail.com

Hop, Skip and Punch (18+)
Tues, 5–6pm Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

Gurumuru Taekwondo
Mon and Wed children 6 7 30pm, juniors and adults 7 30 9 30pm Monega Primary School Hallley Road E12
Call 07931 709 140

JFI Karate
For children and teens (5+)
Mon, 5–6 30pm, Wed, 5–6 30pm £5 when you mention the Mag
The Hartley Centre, 267 Barking Road
Call 07818 000 643

HEALTH AND FITNESS

Bootcamps
Boxercise Bootcamp parent and child (aged 7 12) session Tues 6 7pm, child is free

Indoor/outdoor
Britannia Village Hall 65 Evelyn Road E16
90 Day Boot Camp Challenge

Outdoor
Mon and Thurs, 7 15 8am, Tues and Thurs, 7pm
East Ham Central Park, High Street South, E6
Teens only Boot Camp (13+) Weds 5 30 6 30pm
Thames Barrier Park, Barrier Point, E16 Email info@5starphysique co uk or call 07904 625 402

Family Fit Club
Sat, 11am 12noon, West Ham United Community Training Facility, 60a Albatross Close, E6 Call 020 7473 7724

Bootcamp (men only)
Thursdays, 7.30 9pm, £5
Langdon School Sports Centre, Sussex Road, E10
Call 07818 000 643

Zumba classes
Thurs, 7 30 8 30pm St Nicholas Church Hall Gladding Road E12, £5 per class. Call 07720 805 505

Yoga Classes
Tues 6 10 7 10pm and Fri 10 30–11 30am
£5 50 (£3 50 concs)
The Hub, 123 Star Lane, E16
Weds, 6 45–7 45pm
The Unitarian Church, West Ham Lane E15
Call 07956 808 007 or visit www.yocoma.co.uk

Twisted Pink Street Dance
Fri 6 7pm, 7 21s, £3
Fri, 7 15 8 15pm Zumba classes £5 including childcare St Luke's Church, 89 Tarling Road, E16
Call 07534 513 307, visit www.twistedpink.org.uk or email twistedpink26@aol.com

Zumba
Mon and Thurs 6 30–7 30pm £5 Plaistow Community Centre 63 Queens Road West, E13 Call 07916 327 541

Zumba with Annabel (17+)
Mon, 7 8pm £5 a session
Vicarage Lane Community Centre, Govier Close, E15
Weds, 7 30–8.30pm Beckton Community Centre, East Ham Manor Way, E6. Call 07500 898 665

TENNIS

Sat Under 8s 12noon–1 30pm Adults 16+ 12–3pm, free
Tennis courts, Canning Town Recreation Ground, Prince Regent Lane, E16 3JP
Call 07968 898 709
lovetennisacademy@gmail.com
Thurs 8 16 years 5 6pm, Adults 16+ 6–7pm free
Tennis courts, Central Park, High Street South E6
Call 020 3373 9000

50+ ACTIVITIES

Newham Striders
Free sociable walking group, seven days a week
Call 0844 414 2728

Bowls club
For over 16s, U16s welcome with an adult.
Sun–Fri 12 30–3pm, West Ham Lawn Bowling Club Stratford Park West Ham Lane, E15 call 020 7503 4316
Weds, 2–5pm Plashet Park Bowling Club, Plashet Park, Plashet Grove E6
call 020 8471 3821
Weds 3–6pm Central Park Bowling Club Central Park High Street South E6 call 020 8519 2126
Thurs, 2.30–5.30pm, Phoenix Bowling Club, Royal Victoria Gardens, Albert Road, E16, call 020 7511 6812.

Qi Gong
Thurs 8pm for adults £5 per session Docklands Community Boat near ExCeL Meet at the gates to Millennium Mill, Mill Road E16
Call 07930 610 275 or email lee@bigheavenlittleheaven.com

Beginners' Ballroom
Mon 10am 12noon St Paul's Church Centre Burges Road E6 £2 50 per session Call 07761 209 463

Gemini Square Dance Club
Mon, 8 10 30pm, Chandos Community Centre, Colegrave Road, E15 Ideal for 50+.
£4 per session including tea and biscuits Call 020 8529 1602 or email mbro22@hotmail.com

Nordic Walking
Fri 6 30 8pm, free
Starting point from Balaam Leisure Centre
Sun, 10–11 30am free
Starting point is East Ham Leisure Centre

GARDENING

Garden Club
Tuesday 1–3pm Thurs 4 7pm Sat 10am–4pm, free
Abbey Gardens Bakers Row Stratford E15

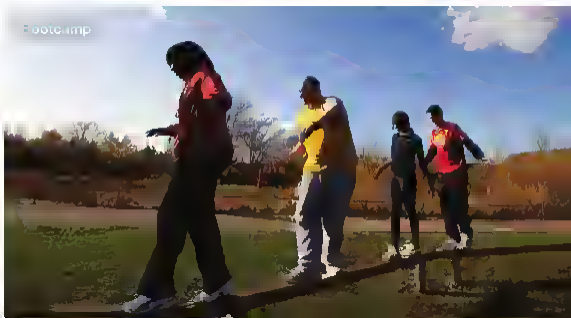
Gardening Thymes
Gardening Club
Fri 11am 1pm, free
Bowling Green, Central Park, High Street South, E6

DOORSTEP CLUBS

Gym & Basketball Doorstep Sports Club (14+)
Tues, 6–10pm £1 50 Rokeby School Canning Town E16

Athletics & Multi Sport Doorstep Sports Club (14+)
Tues, 5 30–6 30pm free
Newham Leisure Centre

Kickz into Athletics (5+)
Football and athletics sessions
Sat 5 8 years 9am 8 12 years 10am, 12 16 years 11am £1



Stunt & Tumble (14+)
Thurs, 7.30–9pm, £5
Talent Cheer & Dance, Gallions Reach

FEMALE SPORTS

Dare2Dance
Street dance classes for girls, 12-16s Fri, 3.30-5.30pm
Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Girls Spinning Sessions
Mon and Weds 4.4.30pm
11-16 Newham Leisure Centre, Prince Regent Lane E13 Call 020 7511 4477

Female Only Gym Sessions
Tues and Thurs, 3.30-5pm
11-16s. Weds 1.30-3pm, 16-25s Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Female Boxfit Classes (16+)
Mons 4.15-5.15pm Balaam Leisure Centre Balaam Street E13 Call 07970 783 526

Girls Football
Tues, 3.30-5.30pm, 11-16s, Newham Leisure Centre Prince Regent Lane, E13

Women United AFC (11+)
Mon (term time only) 6-7.15pm Kingsford School, E6, £1 per session Call 07792 932 979

Just Play (16+)
Wed 6.30-8pm, multi sport session (term time only)
Newham Sixth Form College, Prince Regent Lane E13
Call 020 3373 9000

Female Multi-Sports
Fri, 4.15-5.15pm Cardio, Tennis, Handball, Rounders Football and more. Little Ilford Youth Zone, Rectory Road E12
Call 020 8556 5973 or email Farrakh.Khan@locsp.org

Sheila's Yummy Mummy buggy (16+)
£5 per session
Mon 10-11.30am
East Ham Central Park E6 (meet outside cafe in the park)
Fri, 10-11.30am, Plashet Park, Plashet Grove, E6
Call 07908 614 598 or email spoleon@aol.com

Janice's Fitness (16+)
Tues, 9.30-10.30am
Thurs 9.30-10.30am
Soca and Zumba fitness sessions £5 per session
St George and St Ethelbert Church Hall Burford Road, E6
Email info@jfikarate.co.uk or call 07818 000 643

Zumba, Soca and Salsa Fusion
Mon, 6.45-7.45pm £5
The Hartley Centre
267 Barking Road E6
Call 07818 000 643

Aerobics
Thurs 7-8pm, £5
Langdon School Sports Centre, Sussex Road, E6

Sonia's Circuits (16+)
Tues and Fri 10-11am £4,
Ridley Christian Centre
94 Upton Lane E7
Call 07763230106

Get Back into Netball
Tues, 6-7.30pm, juniors, 7.30-9pm seniors £2 per session
Lister Community School, St Mary's Road, E13
Call 07717 281 529

Body Blast (16+)
Mon 7-8pm, Weds, 12.30-1.30pm and Thurs 6-7pm
£5 per session Talent Central Unit 27a 3 Armada Way Gallions Reach Shopping Park, E6 Call 07866 612 610

Abs Blast
Thurs, 5.30-6.15pm 11-16s, £3 Newham Leisure Centre, Prince Regent Lane, E13

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Wheelchair Basketball
Wed, 4.5pm 11-19
Rokeby School Barking Road E16 Call 07947 401 616

Family Swims for Disabled Children and Adults
Sat 4.30-5.30pm Newham Otters Swimming Club Newham Leisure Centre E13 For more details call 07931 788 739
Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13, £5 Call 020 7476 5274

Swim for Families dealing with Autism
Wed, 4-5pm Balaam Leisure Centre, E13 Call 020 7476 5274

Get fit for free
Tues, 1.30-3.30pm and Fri, 10am-12noon Free gym use for people with learning disabilities Newham Leisure Centre To book an induction call 020 7511 4477

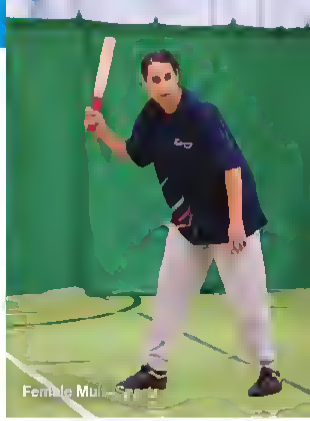
B1 Football Club
Third Sun of every month, 10am-12noon East Ham Leisure Centre E6

Disabled Athletics
Tues 4.15-6.15pm 11-18s, Brampton Manor Roman Road, E6
Thurs, 4.30-5.55pm, St Angela's Ursuline School, 1 St George's Road, E7
Email cnoumce@englandathletics.org

Sensory Play
For children under five with special needs speech and language delay or physical disabilities Term time only Fri 10-11.30am Oliver Thomas Children's Centre Mathews Avenue E6
Email kathy.holdsworth@oliverthomas.newham.sch.uk or call 020 8821 0997

Ability Club
Multisports for disabled young people (11-25yrs)
Weds, 4-5pm, Newham 6th Form College, Prince Regent Lane, E13

Trampolining Sessions
Fri 5-7pm and Sat, 12noon-2pm, U19s, Newham Leisure Centre E13 Call 020 7511 4477



Mixed Swimming Sessions for Adults and Children
Wed, 10am-12noon, East Ham Leisure Centre, E6 £1.15 per session Call 020 8548 5850

RUNNING

East End Road Runners
Tues and Thurs, 7pm
Sun 9am meet on the track, coached sessions for all abilities
Newham Leisure Centre, Prince Regent Lane E13
Call 07979 261 647

Run England sessions
All sessions are £2 unless indicated otherwise
Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon, 4-5.30pm Newham Leisure Centre, E13 (meet on the track)
5.45-6.45pm, Newham Dockside E16 (meet at reception)
Tues 6-7pm Newham Leisure Centre E13 (meet on the track)
Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception)
Thurs free 5.15-6.15pm UEL Docklands Campus E16 (meet at reception)
Sat, 10-11.30am, East Ham Central Park E6 (meet at the café)
10-11.30am Wanstead Flats, E12 (meet at Harrow Road Changing Pavilion)
10-11.30am, Memorial Park,

E15 £4 (meet at car park)
Call 07718 394 874

Beckton Perk Run
Sat, 9am free
Beckton Park South E16
Call 07718 394 756
www.parkrun.org/beckton

SPORTS

London Youth Games
Mon, 4.30-6pm U14, Newham Leisure Centre, Prince Regent Lane, E13

Newham Swords (aged 4-7)
Tues, 6.20-9pm
Thurs, 6.20-8.20pm
Fri, 7.40-10.20pm
UEL SportsDock, Docklands Campus E16
Call 07956 618 898

BMX
Sun, 10am-12noon, 6-16s £3/£2 members/£10 annual membership
Gooseley Playing Fields, St Albans Avenue E6
Call 07961 333 615 or email paul.farthing@activenewham.org.uk

Rounders (16+)
Weds 6.30-8pm
Newham Leisure Centre E13
Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

Cricket (8-16 yrs)
Weds, 5-7pm
West Ham Park E7, email paul.farthing@activenewham.org.uk

Swimming
Newham Young Britons A.S.C. Sat 6.15-7pm Learn to swim and improve your strokes
Children's session (£2) 5-16
Newham Leisure Centre, Prince Regent Lane E13
Call 07956 304 518

Woodside Bedminton Club
Fri 8-9.30pm intermediate and club standard players welcome, £5 waged/£3 unwaged, Carpenters Docklands Centre 98 Gibbins Road E15 Call 07958 761 676 / 07956 150 240

Table Tennis
Thurs, 6.30-9pm. For beginner and intermediate adults. Stratford School, Upton Lane, E15 (Doris Road entrance)
For more info call 07976 577 716 or email ginny.harris10@btinternet.com

Bedminton
Thurs 7-9pm (term time only) For all standards £5 for a court and bring a racquet Little Ilford School Browning Road E12
Email morgan_phil@hotmail.com or call 07944 117 263

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Mon 22 July
7pm, Audit Board, Committee Room 1
7pm, Local Development Committee Council Chamber Old Town Hall Stratford E15
7pm, Health and Wellbeing Board, Room WG.06, Ground Floor West Wing, Newham Dockside, 1000 Dockside Road, London E16

Tues 23 July
10am, Licensing Sub-committee Large Committee Room Old Town Hall, Stratford E15
7pm, Overview and Scrutiny Committee Committee Room 1

Wed 24 July
10am, Licensing Committee, Old Town Hall, Stratford, E15

Thurs 25 July
10am, Licensing Sub-committee, Large Committee Room, Old Town Hall Stratford, E15

Visit **www.newham.gov.uk/committee** for updates

CONTACT THE MAYOR

'Here to help' sessions
If you would like to talk to the Mayor individually you can go along to one of his regular 'Here to help' sessions

Sat 27 July
9.30am Registration The Gate 4-20 Woodgrange Road Forest Gate E7

Telephone surgeries Wednesday 24 July
Call **020 3373 8444** between **9.30am** and **10.30am** and register your query and contact details. The Mayor will then ring you back at a later time.

There are no 'here to help' or telephone surgeries in August but you can still raise your query with the Mayor by writing to him at the Mayor's Office, Newham Dockside, 1000 Dockside Road, E16 2QU or email mayor@newham.gov.uk

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way E6
Canning Town
Barking Road E16
Custom House
Prince Regent Lane E16
East Ham
High Street South, E6
Green Street
337-341 Green Street
The Gate 6-8 Woodgrange Road, Forest Gate E7
Manor Park
685-691 Romford Road, E12
North Woolwich
5 Pier Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies (limited postal and email service only) call 020 3373 6581 email archives.localstudies@newham.gov.uk
Community Outreach Services To find out more call 020 3373 0813

Hundreds of services – one website. Visit **www.newham.gov.uk**

Follow us on Twitter **@NewhamLondon**

Find us on Facebook **www.facebook.com/NewhamCouncil**

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Newham London

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FOUR NIGHTS OF FANTASTIC FREE OUTDOOR LIVE MUSIC

THURSDAY 15 AUGUST

INCOGNITO

THE BRAND NEW HEAVIES

CIYO BROWN

DJS JAMES ANTHONY AND ASH SELECTOR

FRIDAY 16 AUGUST

DCS FEAT. SHIN

TAZ STEREO NATION

JUGGY D

GAANA RAJAS

ALI ABBAS

JUGGLING INFERNO – FIRE SHOW

KISS FM PRESENTER DJ NEEV

SATURDAY 17 AUGUST

BONEY M

FEATURING LIZ MITCHELL

IMAGINATION

THE REAL THING

DJS JAMES ANTHONY AND ASH SELECTOR

SUNDAY 18 AUGUST

ROYAL PHILHARMONIC ORCHESTRA

SPECTACULAR FIREWORKS FINALE

No public parking please use public transport. You may be searched as a condition of entry. No glass bottles or dogs

AT CENTRAL PARK, EAST HAM, E6. GATES OPEN 6.30pm

www.newham.com/summer

@newhamlondon newhamevents

Mayor of Newham